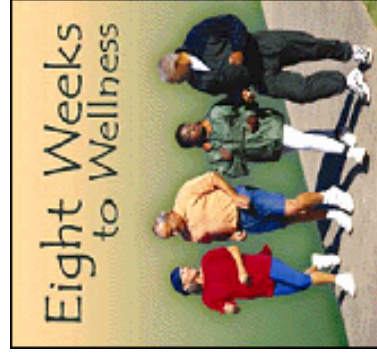




The **Eight Weeks to Wellness**™ program was developed to help people make positive lifestyle changes. At each weekly meeting a health professional will introduce you to a different aspect of health. Following each session, you are encouraged to try out what you've learned during the week. This will help you make lasting behavioral changes.

In 8 weeks you'll learn to:

- Identify and develop a healthy lifestyle**
- Become more physically active**
- Choose meals low in saturated fat & cholesterol**
 - Protect your health by eating fiber-rich foods**
 - Achieve and maintain a healthy weight**
 - Recognize and avoid dependencies**
- Cope more effectively with stress**
- Focus on prevention**



Olympia Downtown YMCA



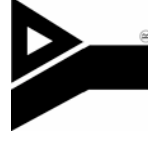
Olympia Downtown YMCA

510 Franklin Street SE
Olympia, WA 98501
(360) 357-6609

Eight Weeks to Wellness™



www.southsoundymca.org



*We build strong kids,
strong families, strong communities*





8 Weeks to Wellness™



Here's How You Get Started

- Choose how you want to participate
- Select two personal wellness goals
 - Recruit a "health buddy"
 - Attend each weekly meeting
- Do your homework
- Record your progress daily
- Keep working toward good health

Each participant receives a workbook with weekly lessons. That way you'll be encouraged to practice the good health principles you'll be learning about. With your Personal Wellness Log, you can track your progress toward your health goals, giving you the feedback and encouragement you need to help you stay on course.

Inquire at our Member Services if you are interested to know more or

Fees:
Facility Members - \$30 (8 Classes)
Program Members - \$65 (8 Classes)

Olympia Downtown YMCA

South Sound YMCA
 510 Franklin Street SE
 Olympia, WA 98501
 Phone: (360) 357-6609 Ext. 2109
 Fax: (360) 754-9723
 Email: moorel@ssymca.net
 For questions, call Lloyd Moore, Senior Program Director

Week 5

A Healthy Weight

- Getting Enough Sleep
- Eating Breakfast Everyday
- Avoiding Snacks
- Avoiding Overuse of Alcohol
- Not Smoking
- Maintaining a Healthy Weight
- Being Physically Active

Week 6

Dealing with Dependencies

- Common Dependencies
 - Caffeine & Nicotine
 - Work, Alcohol & Gambling
- Street Drugs & Prescription Drugs
- Television, Food and More
- Overcoming Dependencies
- Recognize Dependencies & Taking Action

Week 7

Coping With Stress

- Reduce Your Commitments
- Simplify Your Life
- Master One Big Change at a Time
- Relax
- Be Good to Yourself
- Feed Your Emotional Life
- Resolve Conflicts
- Keep Balance in Your Life

Week 8

Importance of Preventive Exams

- Basic Health Tests
- Colorectal Cancer Check
- Mammogram for Women
- Prostate Exam for Men
- Hearing and Vision Checks
- Lifestyle Assessment and Counseling
- Opportunity for Questions

Week 1

Developing a Healthy Lifestyle

- Getting Enough Sleep
- Eating Breakfast Everyday
- Avoiding Snacks
- Avoiding Overuse of Alcohol
- Not Smoking
- Maintaining a Healthy Weight
- Being Physically Active

Week 2

Physical Activity

- Total Time
- Intensity
- Progression
- Medical Clearance
- Health Benefits of Physical Activity
- Stretching/Strengthening
- Fit for Life

Week 3

Choosing the Right Fats

- Use Nonfat Dairy Products
- Use Salad Dressings Moderately
- Use Vegetable Oils
- Limit High-fat Meats
- Use Vegetable Protein Foods
- Limit Baked Goods
- Eat Fewer Fried Foods

Week 4

High Fiber Meals

- Eat More Fruit & Vegetables
- Eat More Whole Grains
- Eat More Legumes
- Choose Pure Fruit and Vegetable Drinks
- Eat Less Refined Foods
- Read Food Labels
- Keep Track